



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 4

DECEMBER 8, 2009

## SPECIAL POINTS OF INTEREST:

- **Healthy Lifestyles Due Date!**
- **Staying Healthy this Holiday Season**

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## Health Assessment Follow-Up Notices Due!

By this time, all employees who participated in the Healthy Lifestyles Screening Process should have received your result packet from St. Joseph Occupational Health Clinic. If the results packet indicated that you needed to follow-up with a primary care physician, you must have the physician statement (included in result packet) turned in to Risk Management by **Wednesday, December 9th**. If you have any questions regarding your eligibility for discounted health premiums beginning January 1, 2010, or other questions regarding the Healthy Lifestyles Program, please contact Risk Management at 979-209-5050.



## *Helpful Tips for a Healthy Holiday Season*

Many holiday and family traditions revolve around foods that make the season special. Limit high-fat foods, maintaining a healthy diet and getting regular exercise year round will fend off significant and permanent weight gain from holiday festivities.



### Party Tips:

- Never go to a party hungry. Eat a low-fat snack before you go.
- Limit alcohol calories, which are stored as fat.
- Choose diet sodas, club sodas or water so you don't waste calories on beverages.
- Use small plates and take small portions.
- Choose mostly fruits and vegetables, then add some of your favorite foods as a treat.
- Use salad dressings sparingly. Avoid soups and breads.
- Enjoy your favorite dessert, but watch your portion and don't go back for seconds.
- When socializing, move away from the buffet table.

### Cooking Tips:

- Use nonstick cooking sprays.
- Choose lower fat meats like turkey breast, lean ham and filets.
- Prepare stuffing outside of the turkey.
- Use a gravy separator to de-fat gravy.
- Use skim milk and low-fat cheeses.
- Flavor with lots of herbs and spices.
- Use two egg whites rather than a whole egg in recipes.

Sources: [www.wellnessproposals.com](http://www.wellnessproposals.com), [www.webmd.com](http://www.webmd.com)

## Retirees Attend Holiday Luncheon

The City of Bryan Risk Management Department hosted a holiday luncheon for retirees on Tuesday, December 2, 2009. Approximately fifty retirees enjoyed a healthy holiday lunch provided by Ken Martin's Steakhouse. During the luncheon attendees had the chance to meet the new Chief of

Police, Eric Buske. He discussed the department's goals and took questions from the retirees. Members of the Executive Staff also attended the luncheon, and visited with attendees. In addition to visiting with Chief Buske, retirees had a chance to catch up with old co-workers and friends from their time here at the City!



## Winter Putting a Chill on Your Exercise Routine? Here Are 7 Ways to Fight Back!

Humans don't hibernate, but many of us find it seductive when trees are bare, winter skies hang dark and low, and streets are a mire of grey, melting slush.

In this dreary weather, it can be draining to deal with life's basic activities-much less optional stuff like our daily fitness routines. That may be why people exercise about a third less in winter, even though physical activity is a surefire mood lifter for most. So, how to prevent our spirits and exercise levels from plunging into a steady downward spiral?

Here is some simple, proven advice from the fitness pros:



1. **Ease into the cold.** Many early morning exercisers dread a straight transition from a warm bed to cold, piercing air. So take time to warm up before you head outside. This also focuses your mind and delivers oxygen and nutrition to your body. Jog or walk around the house a few times. A warm shower also helps some people ease through the transition. Others swear by tumbling their workout clothes in a warm dryer before heading outside. Whatever works for you!
2. **Split your workout.** Reduce the weather's impact by dividing your exercise into indoor and outdoor sessions. For example, run or bike for 20-30 minutes, then go inside and finish up with some yoga, Pilates or weight training.
3. **Beat the sundown.** If darkness makes you feel sleepy and unmotivated, try moving your workout to mid-day rather than before or after work. Even if you can't work out as long as usual, you'll find yourself skipping fewer days- and perhaps enjoying the change in routine.
4. **Join or form a workout group.** There's nothing like peer pressure to recharge your motivational battery. When you exercise with friends or family members you can encourage each other, use conversation as a distraction and devise friendly competitions to keep things interesting.
5. **Have a post-exercise reward in mind.** This need not be anything fancy or expensive. Just make it a simple, relaxing pleasure that you can look forward to while exercising.
6. **Eat healthier.** This is good advice year-round, but especially during the season when energy and alertness are at a premium!
7. **Count your steps.** Even when bad weather limits your outdoor activities, you can still fit more physical activity into a normal day at work. Get a pedometer and shoot for a goal of 6,000 to 10,000 steps per day!

Source: Texas Health Matters Column, [www.dads.state.tx.us/texercise](http://www.dads.state.tx.us/texercise)

# Know Your Benefits

## 2010 Open Enrollment Information

Flexible Spending Account - The City of Bryan offers a Flexible Spending Account Plan that allows employees to have money taken out of their paycheck pre-taxed and set aside to use for medical and/or dependent care expenses.

- Reminder that all participants are required to enroll annually.
- Please complete and return at your earliest convenience.

UnitedHealthcare Vision Plan– The City of Bryan offers a voluntary vision plan. Benefits include a comprehensive eye examination, as well as eyeglasses (lenses and frame), or contact lenses.

- If you wish to ADD or DROP, you must complete form.
- Please complete and return form to Risk Management by December 15, 2009.



Blue Cross Blue Shield– All medical and dental claims will continue to be administered by Blue Cross Blue Shield. Co-pays, deductibles and out of pocket maximums will remain the same.

- If you wish to ADD or DROP, you must complete form.
- Please complete and return form to Risk Management by December 15, 2009.

Please contact our Benefits Administrator at 979-209-5053 or by email at [fgarcia@bryantx.gov](mailto:fgarcia@bryantx.gov) if you have questions regarding open enrollment information. You may also visit the Risk Management website to access all benefit information and necessary forms.

## Join our next Fitness Camp!

**Try a free session on Wednesday, December 9th at 5:15pm-MSC!**



**Have a  
Safe and  
Happy  
Holiday  
Season!**

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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(979) 209-5050  
[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

Copies of this newsletter are available in Risk Management.